



# BE THANKFUL

## November Newsletter

Volume 9

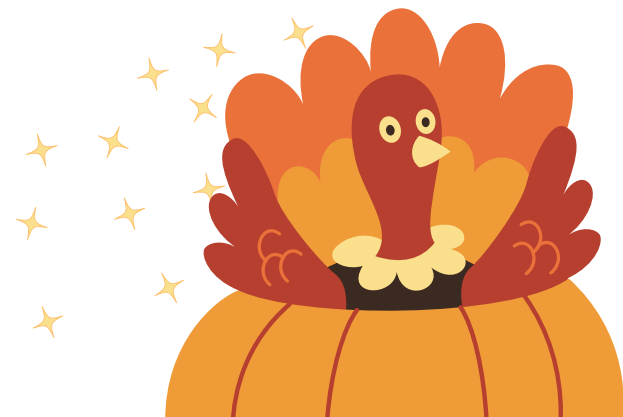
November is a special time. It's not just about turkeys and parades or yummy food and parties. This is a chance for us to explore and express our thanks in the most creative ways. This is a time for us to reflect on the blessings from the year. The changes that shaped us and the grace of God that was shown time and time again.

“I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds. I will be glad and exult in you; I will sing praise to your name, O Most High.”

*Psalm 9:1-2*

### 5 Ways to show Thankfulness this Month

1. Write a thank you note. Snail mail seems out of date but many people love to get cards in the mail.
2. Have a jar and each day add one thing you are thankful for, read it at the end of the month.
3. Start a gratitude journal, each day spend time in prayer and thanksgiving for the month. See how much it changes your perspective.
4. Give flowers to someone and tell them thank you for being in your life.
5. Volunteer your time at church, a nursing home, a hospital and be the reason someone feels loved this time of year.





# HAPPY Thanksgiving

## **Our Favorite Thanksgiving Traditions**

Chris- Family getting together to eat, exchanging stories and memories from the past year of the ways we have changed and learned.

Jamie- We always went to the mountains for thanksgiving when I was a little girl. I spent many of my thanksgivings in Gatlinburg. I have vivid memories of sitting with my mom in the hotel room and eating taffy while we watched the sound of music.

Lake- My favorite tradition for Thanksgiving is eating a yummy lunch and hanging out with family. Then getting home and getting our Christmas tree and watching a Christmas movie together on Thanksgiving night.

# Upcoming Events

**Month of November**- TEAM Food Drive (pick up a bag at the mission wall)

**November 20th**- Church Thanksgiving Meal

## **Season of Our Savior Stockings**

Sign up on Helper Helper to help us fill stockings for children in need.

Contact Shirley Lyle at (205) 862-7544 with questions.

**December 7th**- Lottie Luncheon at 10:00

**December 6th & 8th**- ELI Thrive Christmas Shop, sign up on Helper Helper

I sought the LORD, and He answered me and delivered me from all my fears.

Those who look to Him are radiant, and their faces shall never be ashamed.

Oh, taste and see that the LORD is good! Blessed is the man who takes  
refuge in Him!

*Psalm 34:4-5, 8*

We are so thankful for our volunteers. You make it possible to serve  
and love on many people.

## Five Reasons to Express Your Thankfulness to God

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!

*Psalm 107:1*

Do you often come to God with a list of all the things you want Him to do for you or to help you with? He's a loving Father, and He wants you to come to Him and ask Him for what you want or need. But He also enjoys when you express your gratefulness toward Him.

How often do you intentionally just step into His presence for the sole purpose of thanking him and praising him for who He is and who He created you to be. Sometimes we have difficulty thinking of those reasons to thank Him because the challenges in life seem so big that we can't see past them to the amazing things God has done for us.

No matter what you're facing, you can express gratitude to God.

### **Here are five reasons to be thankful to God.**

1. God gave you His greatest gift, salvation through relationship with His son (*John 3:16*).
2. He answers your prayers (*John 11:41*).
3. He provides for your every need (*1 Thessalonians 5:17-18*).
4. He showers you with blessings (*Philippians 4:6*).
5. He protects and keeps you (*Psalm 91*).